

THE CHILL PROJECT BY ALLEGHENY HEALTH NETWORK

FREQUENTLY ASKED QUESTIONS

WHAT IS THE CHILL PROJECT?

Allegheny Health Network (AHN), has partnered with several area school districts to provide a mindfulness-informed and preventative school-based behavioral health program serving students, staff, and families.

The CHILL Project provides students with a wide range of opportunities to learn and practice mindfulness techniques and coping skills. Further opportunities to learn and practice skills will be implemented in the custom-built CHILL Centers, where all students will have access either scheduled or as needed.

The CHILL Centers are staffed with Behavioral Health School Educators who lead mindfulness training to help students achieve greater academic success, reduce anxiety, improve student-teacher relationships, and improve students' abilities to engage in better decision-making.

Students may also visit the CHILL Center at any time throughout the day to speak privately with CHILL Educators, or simply take a few moments of quiet reflection and calm before they resume their normal schedule. Staff members are encouraged to visit the CHILL Center for moments of mindfulness to support their own well-being and that of their students.

The CHILL Project also offers opportunities for students who require a higher level of care by providing traditional outpatient counseling services in the school setting. The Behavioral Health School Educator and School-Based Therapist work together to support the mental health of everyone in the school community.

WHO IS THE CHILL PROJECT FOR?

Students in participating schools are eligible for this voluntary service, supporting students of all ages dealing with a variety of challenges. The CHILL Project covers 3 domains of service, including:

- Students
 - School-Based Therapy Services
 - Mindfulness Room
 - Skill Based ESY
 - Monthly Skills Lessons
- Staff/Faculty/Administrators
 - Professional Developments
 - Consultations
- Families/Guardians
 - Family Communication
 - Monthly Educational Sessions
 - Collaboration and Research



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